



## Monday, May 11th, 2026, Delivery

### ☀️ *A Freshchef Favorite*

*(GF)/(DF) = Gluten Free / Dairy Free*

#### **Protein Breakfast Bowl (GF)**

Roasted Yukon and sweet potatoes, caramelized onions, bacon, chicken breakfast sausage, scrambled eggs, cheddar cheese, and chives.

460 Cal | 48g Carb | 28g Fat | 38g Protein

#### ☀️ **Classic Chefs Salad (GF)**

Organic spring mix, hard-boiled egg, pickled red onion, bacon, smoked ham, shredded cheddar, cherry tomato, green peas, scallions, and creamy herb dressing.

439 Cal | 17.1g Carb | 32.3g Fat | 26.9g Protein

#### **Chicken Tinga Pasta (DF)**

Braised shredded chicken with tomatoes, onions, garlic, chicken stock, and spices. All served with Cavatappi Pasta, grilled zucchini, pickled onions, and chopped cilantro. A MUST TRY!

*Sub zucchini noodles for gf and low-carb*

492 Cal | 25.7g Carb | 22.3g Fat | 51.4g Protein

*Low Carb (GF): 320 Cal | 9.1g Carb | 15.1g Fat | 43.1g Protein*

#### **Chicken Bacon and Ranch (GF)**

Herb and garlic marinated chicken breast, bacon, cheddar cheese, blanched green beans, and roasted Yukon potatoes. Served with a side of Freshchef Protein Ranch.

513 Cal | 33.6g Carb | 28.8g Fat | 30.6g Protein

*Low Carb: 440 Cal | 13.6g Carb | 28.8g Fat | 30.6g Protein*

#### **Stuffed Bell Pepper Bowl (GF)**

A classic, but in a bowl! Served with steamed white rice, ground beef, and pork with stew tomatoes, onions, bell peppers, carrots, and celery. Topped with shredded mozzarella cheese and parsley.

402 Cal | 25.8g Carb | 21.8g Fat | 26.5g Protein

*Low Carb (GF): 337 Cal | 11.3g Carb | 21.6g Fat | 26.4g Protein*

#### **Korean BBQ Roasted Salmon**

Freshchef roasted salmon filet glazed with a Korean BBQ glaze, sesame seeds, chives, steamed white rice, and green beans.

*Sub cauliflower rice for low-carb*

420 Cal | 33.4g Carb | 15.1g Fat | 39.1g Protein

*Low Carb (GF): 404 Cal | 16.5g Carb | 15.5g Fat | 39g Protein*

## **Weekly Specials**

Teriyaki Grilled Chicken Thighs  
Summer Grilled Vegetable Medley  
Balsamic and Tomato Caprese Salad